

Upper Darby, PA— On Sunday, Representative Sestak attended the Upper Darby Township Fire Department's annual Fire Prevention Parade, which kicked off the annual Fire Prevention Week. — "Fire prevention and safety is critical to our public safety, and its importance is too often overlooked," said Congressman Sestak. "I commend the Upper Darby Township Fire Department's efforts for bringing greater awareness of fire prevention and safety to the public."

The parade which featured five township companies, three marching bands, and an honor guard, is dedicated to all the fire fighters and armed forces personnel who made the ultimate sacrifice to protect our nation.

There is something that sets first responders apart from other professions and that is the 'dignity of danger.' We ask our first responders to place their lives in harms way for our community, and this was epitomized by volunteer fire fighter Michael Reagan," said Congressman Sestak. "

Local dignitaries, including Upper Darby Mayor Raymond Shay, attended the parade. The theme of Upper Darby's Fire Prevention Week this year is "Practice Your Escape Plan."

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.